

Fun Fine Motor at Home

Help your child develop the strength and motor control he/she needs to write and draw!

Things to Remember

Make it FUN and hands on! Children need **FREQUENT** opportunities and a variety of materials to develop their fine motor control as well as eye hand coordination.

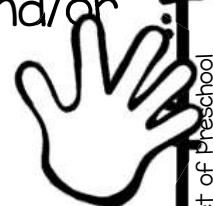


Quick Information

Fine motor development involves the use of small muscles of the body (hands and fingers). It is the ability to pick up small items, color with crayons, copy designs, string beads, cut with scissors, draw shapes, and write letters.

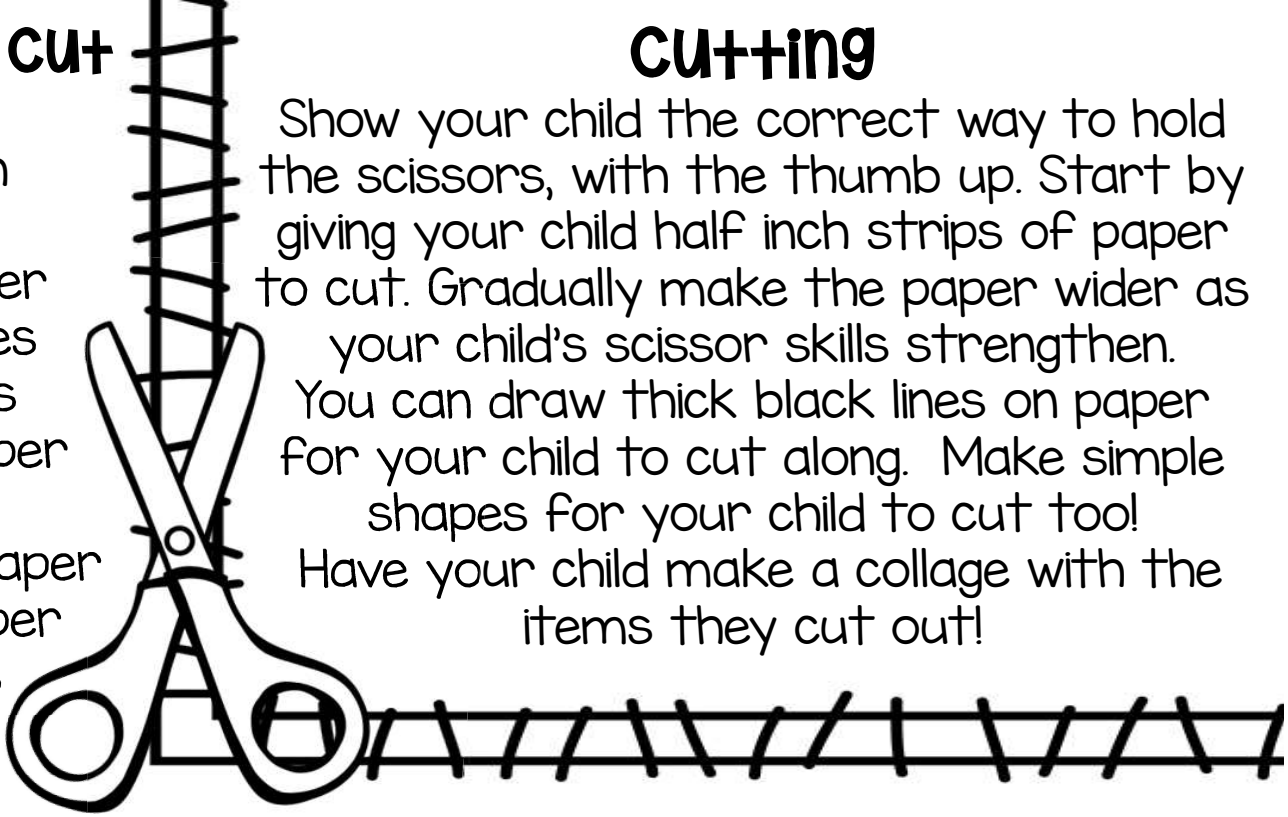
INCREASE CONTROL AND HAND STRENGTH

- Do a variety of puzzles.
- Tear paper and make a collage.
- Peel and stick stickers and/or tape to paper.
- Build or play with dominos.
- Color and write with broken crayons, short colored pencils, and thin markers.
- Offer tracing stencils or trace around objects.
- Build with small Legos or small wooden blocks.
- String beads, noodles, cereal using pipe cleaners or yarn.
- Play games or explore with tweezers or small tongs to pick up items such as cotton balls, marshmallows, cereal, pom poms, or small rocks. Commercial games that use tweezers are Bed Bugs, Thin Ice, and Crazy Octopus.
- Sprinkle salt, flour, or oatmeal onto a cookie sheet. Your child can use a finger to make lines, shapes, letters, and/or numbers. Gently shake the tray to erase.
- Paint with various types of brushes and on various surfaces (paper, foil, wax paper).
- Use hole punches, shape punches, and/or letter punches.



Items to Cut

Paper
Playdoh
Goop
Newspaper
Magazines
Coupons
Tissue Paper
Ribbon
Wrapping Paper
Fancy Paper
Leaves
Grass



Cutting

Show your child the correct way to hold the scissors, with the thumb up. Start by giving your child half inch strips of paper to cut. Gradually make the paper wider as your child's scissor skills strengthen.

You can draw thick black lines on paper for your child to cut along. Make simple shapes for your child to cut too!

Have your child make a collage with the items they cut out!



PLAYdoh & GOOP



There are endless activities your child can do with playdoh and goop! Roll the playdoh into balls or snakes, cut it with scissors, pinch off small pieces, or make a sculpture. Hide small objects (pennies or a small plastic animal) in the playdoh and then try to find it. Manipulate the playdoh to make pretend food. Get out a rolling pin and cookie cutters to make playdoh cookies! Make prints in the playdoh using buttons, toothpicks, popsicle sticks, small plastic animals, or sea shells.



Water Play

Water play can be a great time to incorporate fine motor fun! Add the items below and let the fun (and muscle building) begin!

- Eye droppers
- Turkey basters
- Bath squirters
- Spray bottles
- Sponges to squeeze
- Tongs and tweezers
- Containers with lids

